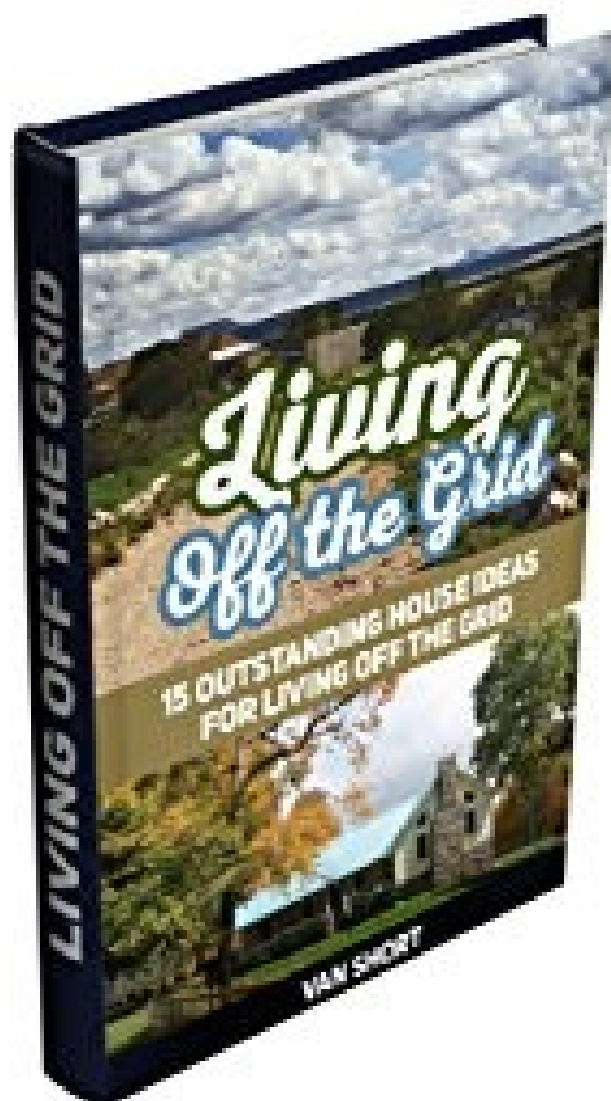
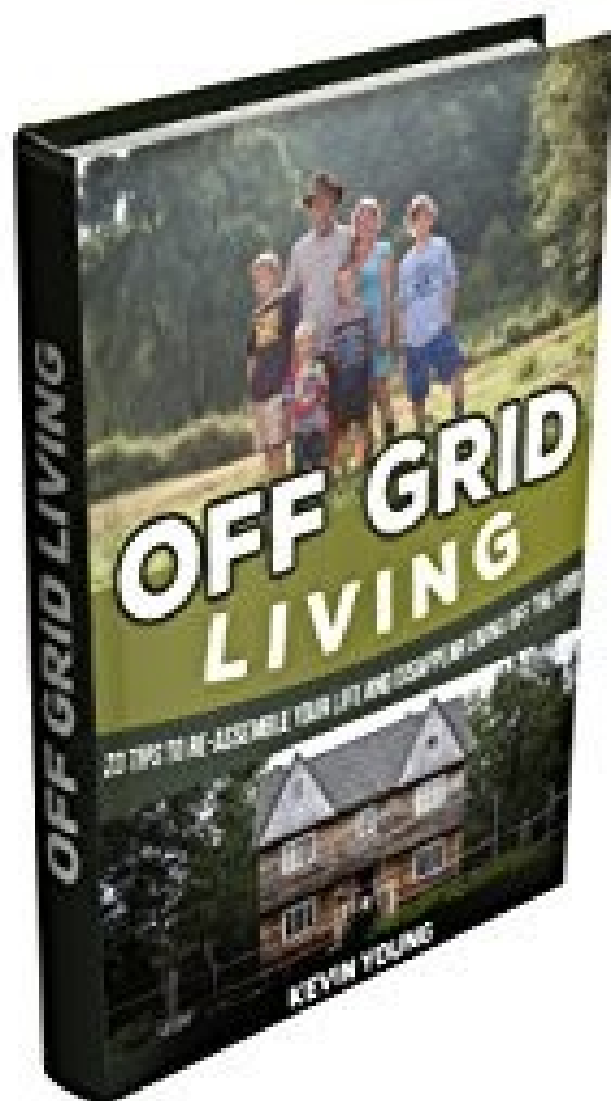




Living Off The Grid Box Set

23 Tips to Re-Assemble Your Life and
Disappear Living off The Grid + 15
Outstanding House Ideas You can Build



OFF GRID LIVING

23 TIPS TO RE-ASSEMBLE YOUR LIFE AND DISAPPEAR LIVING OFF THE GRID



KEVIN YOUNG

Off Grid Living

23 Tips to Re-Assemble Your Life and
Disappear Living off The Grid

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Introduction

Living off the grid means living separate to the grid, and this term is often used for electricity. The off-the-grid homes are independent without any natural gas, power supply, sewerage and other utilities of the life. Living off the grid is not a state of mind, but it is about someone who is out of touch from a place, or spending some time offline on a weekend. A true off-the-grid house is operated without any conventional community utility services. The ideas were famous by some celebrities, such as Ed Begley, Jr. after taking part in the television show based on the idea Living with Ed. Off-grid living is becoming popular among people because it is quite difficult to earn money to get basic facilities. Off-grid is a building that is disconnected from the natural gas, electricity and all other facilities.

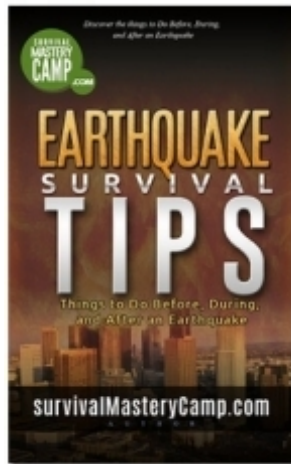
It is essential for some to prepare to live off the grid because it may prove helpful to deal with the scarcity of funds and other financial resources. It will help you to get ready for any unusual situation, such as financial crash or any solar flare because of the fault in technology. You should have a simple plan to survive. The life becomes easier day by day because the advancement of technology increase lots of conveniences, such as advanced therapies, use of medications, electricity and ready-made food. The people of all countries are becoming used to these facilities, and they even can't imagine a single day without these facilities. It is really hard to say that the life runs smoothly at the same rate because there can be various issues with the technology.

You should have a practical plan to deal with all problems and develop some necessary skills to deal with the unusual days. Everyone has a different experience in living off the grid, and it can be troublesome for some people, but others may enjoy it a lot. The difference may be due to different areas and needs of people. You may have some strategies, but all strategies will not fit to the exact situation and needs. You should have some valuable strategies and skills to make your life more valuable for the new world. There are some essential strategies that will help you to live off-the-grid. These skills should be practiced to learn them in an effective manner. Some people may have a natural ability to adapt to the situation with less or no facilities.

It is really difficult to manage your days without electricity, water and sewerage. Usually, people have misconceptions about off-the-grid living. They often consider a life without any TV, computer, air conditioner, supermarkets and transportations, but it is more than all that. Having all these facilities makes it difficult for a person to imagine even a day without them. There are lots of people in the world who are living without all these facilities and have no problem in their life. In this case, this saying is true that the "ignorance is bliss". The people, who are not familiar with these facilities, have no problem in their life because they learn to live without it. They are struggling with lots of other problems in life, such as family argument, alcoholism, illness, injury, abusive relations and alcoholism.

It will be good to try to do something to manage yourself to deal with every kind of good and bad circumstances, and living off the grid can be the first step toward your efforts.

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Chapter 01: Living off the Grid: What it is the reason behind it?



Everyone has a different definition for the off-the-grid living because everyone has its own experience, facilities, difficulties and problems. For a teenager, the off the grid can be the way of living without any social networking media, such as Facebook and Twitter.

A researcher or detective may define it as a life without any recording, organizing and tracing, and they have this perception because of their job. A paranoid, criminal or a disruptive person considers it a life without any recordable commerce, cash transactions and similar activities. A sportsman defines it as a life without progressive and hazardous achievements in the exotic and international location. For science students, they may find their inattentive professor is living off-the grade.

In fact, the off-grid living is a state without public utilities, such as energy (power), water and waste management. The places that are actually off-grid have their own services for energy, water and waste management. Living off the grid is an independent way to live without all modern utilities in a city or any other support. In the biggest cities of the world, it may not be possible to provide facilities to all people. In this case, the lots of people may not be able to avail all these facilities important to survive. Self-sufficiency is all about survival, but it can be more than that, such as independence. The people often get feeling that they should not have dependence on others.

Reasons to Go Off Grid

People often think about the reasons to go off grid because they don't want to stay away from the facilities and utilities of the life. Following are some reasons that may convince you to go off grid:

Unusual Circumstances



You have no grid available around you, and this can be your choice or your fate. There are lots of people in the world living in the rural America or in the third world countries. These people have no access to the traditional grid facilities. There can be a situation that you have a dream property, but it is too far from the boondocks to get connected to the grid. You may be forced to live in a grid-less area, mud village or the similar place because you are very poor. There are some religious communities that eschew modern conveniences. There can be any reason for the absence of traditional grid, but you should know all strategies to survive under all circumstances.

To Reduce the Ecological Impact

People may choose to live off grid to minimize the ecological impact of the grid. It is essential to do this to reduce the carbon footprint and make it easy for the earth to recover from everything done to it. Any natural incident, such as flood or earthquake may make it necessary to live off grid.

Avoid the Cost of Traditional Utilities

It is not easy to get the benefits of all utilities because you have to pay with your hard earned money. Sometimes, the traditional utility connections may cost more, and the rich people of the area prefer to have their own resources of water, electricity and sewerage. This may happen with an area that is really far from the city, and the rich people of that area can bear the cost of independent utilities.

To Reduce the Cost of Utility Bills

You may prefer to live off-the-grid to lower your utility bills. The people often live off grid to save money and become autonomous. It still requires huge investment, such as you may have to bear the cost of battery replacement while saving money on utility bills.

To Check the Status of your Independence

The people often go off the grid with a thought to check either they have sufficient services to live in the absence of traditional utilities. It is one of the most rational reasons to know either you are ready to survive in the absence of traditional grid. It will give you a reality check about your reliance on the traditional utilities. You can be a survivalist or an average person to make some important arrangements to take care of your siblings in a disaster.

For the Entertainment of an Intelligent Mind

If you think that you have a great reliance on electronic gadgets, then you can test yourself how you can survive without them. If you have an intelligent mind with electronic and mechanical knowledge, you must go off the grid to practically apply your knowledge of the actual situations. It will really help you to know either you can successfully have an alternative to live without all facilities.

Reduce your National Dependence



It is one of the major reasons to go off the grid because some scarce resources are really expensive, and you have to work hard to manage them. In the 2007 and 2007, the economy of the world suffers from disgust because of the oil prices. The situation can be even more worsening in the future; therefore, you should get ready to face any situation.

You can take revenge by boycotting oil and fossil fuels. With a reliable alternative in hand, you will be able to do this.

You can also go off the grid to imply go green slogan. The political influence and wealth is making the world a worst place to live in. It will be one of the best reasons to save the world from the bad things and happenings.

Survival and Sense of Accomplishment

Though it's not possible to live in this world without the national grid, but when there is any disaster or collapse, there can be several problems that could arise. It is very important for you to learn and manage survival techniques without national grid, for that purpose the most vital solution is to go off the grid. It would be a good solution if you learn to build a tiny house, a cottage in the knolls or a small cabin. Once made the decision it may give you a sense of achievement, and you may feel reliant over your decision and be ecstatic about living in odd circumstances.

Freedom and Happiness



You may want to provide freedom for your family by becoming debt free because the burden of debts can crush the comfort of your family. Without this burden, you can learn to live a happy life while making your family comfortable. The happiness is connected to true freedom because a life without stress can save you from various health problems. By living

off the grid, you can remove the burden of utility bills, mortgage payments, car bills, etc. It helps you to learn a simple, easy and happy life other than most of the people around the world.

The reasons to live off the grid may range from philanthropic to egocentric, from biased to ecological and from monetary to biological. Regardless of the reasons for living off the grid, there are some realities that force you to live off the grid.

Prepare to Go Off Grid

Sometimes, you may go off the grid because you have money to have your own utilities. The installation of independent utilities may take some time, and during this period, it will become necessary for you to change your lifestyle. You may have to change your regular routine, learn technical things and arrange some important things to make your survival possible.

You should learn to save energy and make some off-grid changes in your social and regular routines. If you are living in a traditional grid community, then you should find some ways how to live in the places without these grids. You should be able to adapt some cultural delicacies of the new community. It is important to develop an attitude of green living, and off grid community.

If you are not able to own a land, and have a complete dependence on other people for your way of life, then you can go off the grid to reduce your dependence on other people. It can be easy for you to go off the grid living style.

You should start saving money because to start a life without national grid, you may have to find some alternatives for water, food, power supply, shelter and sewerage.

Benefits of Living off the Grid



In order to save some money and reduce the costs of electricity bills and other utilities, you can get the benefits of off the grid living. You can do some small, but beneficial projects by living off the grid, such as you can generate a hybrid solar system to reduce your dependence on the national electricity grid. It will help you to arrange some power for emergency lights, run your

TV, computer and refrigerator.

In short, you can do a lot more things while living off the grid. It will help you to become an expert to conserve energy and reduce your cost of living. Although it is good to go off the grid, but it is quite important to know that you can't completely go off the grid. You can drive a car with off the grid resource, but you will drive on the grid road to go to school, market or church. All your off grid gears may require the support of on the grid resources, such as roads and fossil fuels. You can generate electrical power, but you will see the TV programs from on the grid source. The money you earn to get the off the grid resources has often come from the grid-dependent career. It can be true up to some extent that the life without grid is not possible in some areas, but you still get the benefits of off the grid living.

Chapter 02: 3 Tips for Conservation while Living off the Grid



It is really good to live off the grid, but in the reality, it will bring some dramatic changes in your life. If you want to go off the grid, it is important to do some rehearsing before practically doing it. You should learn how to conserve energy and other resources. This will help you in a variety of ways, such as you can reduce your utility bills, judge the minimal needs by using alternative power system and it help you prove that you are sincere in your efforts to make a difference

instead of just projecting a virtuous image to astonish your peers. It is really hard to talk about conservation of energy and resources without considering buzzwords, such as greenhouse gases, global warming and carbon footprint. Lots of Americans have no ideas about the carbon footprint, and this word will be surely replaced with another one.

Carbon footprint is typically known as a set of greenhouse gas emanations caused by the different activities, products and institutes. Your own share of carbon footprint can directly affect your lifestyle and actions in terms of CO₂ emission. An average person may produce almost 40,000 pounds of CO₂ and this share can greatly affect the global warming system. While working on the conservation of energy, it is important to reduce your utility bills and your share of carbon footprint. If you are building your own house, then you can contribute your efforts by changing your building plans. Fortunately, there are some tips that will help you to reduce your utility bills and other resources.

Tip 01: Landscaping to Save Water

Plant some shade trees on the right locations around your home to keep yourself cool in summer. It will help you to reduce the use of energy and ultimately utility bills. With the help of landscaping, you can conserve water, and following are some ideas for it:

- Planning and designing should be based on the climate of your region. You should select appropriate plants that can easily flourish in the climate of your area. Limit the implantation of grass that needs heavy water or you can even quit this idea to have grass.
- It is important to work on the improvement of soil, and tries to increase the capacity of soil to absorb the moisture. The soil is important for the good health of plants to nourish them and provide everything required for their better health. It is significant to install the watering system before tilling and grading.
- Determine the irrigation of water according to the actual needs of the plants while determining the evapotranspiration rate (ET rate). The information about the ET rate can be obtained from the local services. Change your water irrigation time, such as you can do it in the morning to get the benefits of low evaporation rate. You can use sprinklers with an ability to throw big drops.

It is important to save Water while doing other chores, such as while taking a bath, it will be good to use shower because it will help you to save money. You can use a dishpan to rinse pans while quickly applying soapy water. The people often waste lots of water while brushing teeth and washing hands, but you should be careful while using water.

Tip 02: Energy Efficient Appliances

If you want to save energy, then you have to be very careful while buying new appliances. Check the guide labels to know either these appliances are energy efficient. Try to compare different models of the similar product. You can get the help of department of energy to know the energy efficiency of the new appliances.



You should check the energy efficient features of different models, such as water heaters, refrigerators, dishwashers, air conditioner, washing machines, furnaces and heat pumps. There can be some differences in the efficiency of appliances to save energy. Some may save a little more, such as kitchen appliances, cloth dryers, microwave ovens and other models.

You can see the ENERGY STAR on the product to identify more energy efficient products. These stars are for the guidance of people to buy energy-efficient products and reduce the emission of assets from your power appliances. Highly efficient appliances may cost more, but these will give you the lifetime benefits by reducing utility bills.

It is important to think rationally before purchasing any electric appliance because the increase in the number of electric appliances can be a reason to increase your utility bills.

Tip 03: Home Improvements



If you want to decrease the utility bills, then it is important to add some insulation while building a new home. The insulating walls and ceilings will cut down your utility and gas bills. The hot water insulation will keep your house hot during winter seasons, while the thermostat can keep your house cool by exhausting the hot air.

You can replace the ordinary windows with argon-filled and thermo pane windows featuring double glaze. Installation of right windows will help you to reduce the heat loss. You can cover the frames of windows with a clear plastic to keep your rooms warm in the hot weather.

It is important to consider the weather conditions because the difference of temperature may cause a crack in the glass. It can also melt plastic between two layers, so be careful about it. Use commercial reflective films to expel heat without blocking the light and view of the window. You can add a canopy on the south-facing window. The drapes and shades will provide a cushion to home against heat and cold.

Select appropriate color to paint your house because it can keep your home hot or cold. In the cold environment, the dark shades work best, but in the warm climate, consider light shades to reflect solar energy.

Change your light bulbs because different alternates are available to save energy the CFL bulbs are 75% more efficient as compared to standard incandescent bulbs. These can last for longer time, and save your money twice during the summer.

If you want to save money, turn down your thermostat because it can save almost three percent energy on a monthly basis. The tip is quite effective to reduce your energy cost.

Chapter 03: 5 Tips to Leave Grid Shelter and have an Alternative

It is quite interesting to know that the people prefer to go off grid, but they select a land for their home based on different factors, such as convenience. They try to find a land in the proximity of Wal-Mart, hospitals, schools, universities and other facilities. Other different factors that off-gridders may consider for the perfect building sites are as under:

The good lunar access with south-facing slopes is required for the submissive heating and earth sheltering. A good sloping angle is important to back the shelter and get access of the wind without any restriction.

Dry, well-drained and stable soil is important with a good supply of water. The favorable climate for the all year is important for your comfort, micro-climate, topsoil conditions for the growth of food and protection from hot sun and heavy winds.

On-site building resources, including trees, sand, rocks, clay, etc. It is important to check the obstructions for the off grid developments. The people prefer to select a place with no pollution and good views.

Tip 04: Temporary Shelters

There are different options to design transient shelters, and these can be quite more comfortable than other conditions experienced by homeless people.

Tents and Soft Shelters



The tents were often used by nomadic people, such as the people of American tribes. Tents are also used by the modern army men, and during disasters, the tents are often used as a reasonable way to give temporary residence to people. The tents are a reasonable choice for independent living within a tight budget. The tents are

famous for three major points, such as:

- They are economical to use
- You can carry them easily from one place to another
- Quick and easy setup

Tents are designed from different material, such as nylon and cotton canvas. The nylon materials are a hot selling material because of its light weight and ability to absorb moisture. The nylon materials are coated with different substances, such as polyurethane and silicon. The nylon tents are quite good to use in the moist ambience, but in the dry conditions, the UV radiations, such as sunlight can break down the nylon. Seasonally inhabited tents may have a better life because these can resist against sunlight for a few more seasons. A permanent nylon tent may not survive for more than a year in the sunlight.

If you are looking for a better and durable option, then the cotton canvas is a durable option to absorb more water. The thread can provide temporary resistance against water for a long period of time. The tents are available in different shapes and sizes, and most of the tents are available with external poles for maximum support in the stormy weather. The tents may be designed with the double-wall and weather resistant material with an increase in the weight. The durable tents often feature bug-screened windows, dual doors and windows with zipper for comfortable living.

Factors to Select a Tent Home

There are some important factors that may help you to select a right tent home for off grid living:

Living Area

While selecting a tent for your off grid living, then it is important to consider the plenty of room for you, your family and other stuff. Keep it in mind that a person requires 60 square feet of the floor space, and by adding some area for other amenities, such as tables, chairs and additional guest. It would be better to consider 120 square feet per person. An additional 40 square foot space is also required for cooking, then the total space can be 160 square feet. You can buy a vertical cabin style tent according to your needs.

Durability

A tent should be able to resist against different weather conditions; therefore, try to buy a tent with strong poles and durable material. The tent should have sealed doors and windows, durable zippers and three-season design. A durable tent can work well with the different weather conditions, and a good tent to entertain all four seasons may be more costly as compared to traditional tent.

Protection from Water

Some tents are often constructed with poor quality without any rain fly, and the waterproof material may not work well in the rainy weather. It is important to carefully select any tent after considering its material. Collect enough information about its condensation for cooking and breathing. You can buy a good quality tent that is designed with breathable and vapor-barrier substance to manage rain and reduce condensation. Try to buy tents with rain fly and dual walls for ultimate protection. It will be good to consider vestibules to change out dirty clothes and shoes in the tent.

Protection from Bugs

While buying tents for off grid living, make sure to have a tent with bug screen on vents, doors and windows. If you are going to live in the area with the Scorpions and centipedes, then it is important to have bug screen on the doors and windows. There are different tent manufacturers offering tents of different sizes and quality. You can visit local stores of sporting goods to buy a tent with all important features.

Tip 05: Recreational Vehicles (RV)



The recreational vehicles are often considered as a motor home, and it is a safe option to live in an enclosed vehicle. The house offers you maximum mobility and protection with considerable living space and comfort. There are lots of recreational vehicles available

with different facilities, but some vehicles may lack lots of facilities despite of having a nice look. Following are some categories of the motor homes for your convenience that are:

Class a Motor Home: IT is a commercial home built on a commercial bus, big truck and chassis.

Bus Conversion: A commercial bus is often converted into a vehicle home. These are available with some fancy options.

Class B Camper Van: It is a conventional van with low backside and high roof for riding.

Class C Motor Home: The vans are designed with different compartments and sections. The cab features bed and other entertainment features.

Truck Camper: The compartment is placed on the temporary beds, and has insulated walls, kitchen, heater and a small bathroom. The camper has single walls without frills, and it can help you to get the benefits of customized features. There are lots of other models to entertain different needs of the people.

Features of Recreational Vehicle

If you want to buy a recreational vehicle with all comforts, consider following features to make your off grid living comfortable:

The recreational vehicle should contain beds, a table, and kitchen and storage area to prepare food. Some larger units may contain personal bathroom, refrigerator and cooking areas. These vehicles can be more expensive with living room and master bedroom.

Some RV may contain AC and DC power to use different on-board appliances. Some more expensive units may contain TV, satellite internet and other sections available in a furnished living room.

Recreational vehicles are available with different amenities and various sizes are accessible too. You can select any unit based on your requirements and budget. The cost of RVs may vary between \$12,000 and \$2 million.

The RV usually contains batteries to supply power to lights, kitchen fan, thermostat, CD player, gas detector, slide-out motor, gas detector, water pump, bathroom fan, 12-volt TV, inverter and refrigerator.

Tips 06: Manufacture Homes and Sheds



The mobile homes are often used in these days constructed in a factory to meet all safety standards and federal guidelines. The homes are designed with constructed panels, such as wall and roof. These pieces are transported together on site with essential kit. The mobile homes are entirely constructed to settle on the

site. The cost of homes may vary between \$18,000 and \$180,000. The homes with additional features and space may cost higher. The house may help you to live completely off the grid.

If you have a limited budget with more plans to live in a temporary house. The sheds are available with pre-construction kits, wood, vinyl, plastic and steel material to place all pre-cuts in the wooden or concrete foundation. At a cost between \$1,000 and \$4,000, you can set up a shed at least at 288 square feet of living area.

If you want to get a durable shed, try dual walls, insulation, running water and a kitchenette, toilet and adequate ventilation. The people are often concerned with the off gassing of the construction products required in the designing of shed. If you want to design comfortable sheds and homes, then it is important to consider following useful ideas:

- If you want to design a durable shed or home, then it is important to select reliable material to use the shed for a long period of time.
- The selected shed should be easy to build with easy access to all important tools.
- Try to simplify the floor and foundation to make everything easy

- Design big doors for easy ways and windows for proper ventilation
- There is no need to paint the wood
- Be careful about all details and equipped it with all amenities
- Keep the frame of the roof flat on the ground
- Select cheap windows with charm
- Select quick and check skylights and a better way to trim the structure

Tip 07: Green Homes



It is a great concept to load your home with green technologies and material. You can assemble the home at your selected site with all important features. A green home may include the following features:

- Water recirculation
- Real toilet energy efficient foam insulation
- LED lighting
- Grass and flower growing roof
- Rainwater storage to facilitate landscape irrigation

You will get sufficient power, such as 1.5 kilowatt PV system to run your various appliances and hybrid car. Every feature of the greenhouse has eco-friendly touches and it sounds really great. Living green is quite easy and attractive, but it is absolutely not cheap.

Build your own Green House

It is quite expensive to buy a pre-designed greenhouse, but if you can't afford it, there is a better option for you. If you have some capital, then you can manage a comfortable house for your own. There is no need to worry about the structural design and building material, but there are some other sources and construction methods that may help you to build your own greenhouse.

Tip 08: Earth Bags



You can use earth bags made of polypropylene material to lay on the flat foundation. The bags can be filled with the moistened mixture to make of sand and clay. The bags are easily available because these are often used in the stores to keep and ship grains.

You can use barbed wires containing four points on the top of each course and secure all strands by layering them together. You can use sand plasters to complete the wall and the thermal mass will provide excellent insulation to the earth bags. You can use different construction method to construct a creative round house.

Lots of other options are also available such as hybrid dwellings, stone and mud house, insulated concrete houses, etc. If you are interested to genuinely live off the grid, then it is important to consider your budget and other circumstances to decide your off-the-grid lifestyle.

Chapter 04: 5 Tips to Generate Power for You while Living off the Grid



If you want to live off the grid without any dependency on the national power grid, then it is important to consider the technological innovation and green power sources. You can generate sufficient amount of power for you by using different reliable sources, such as solar wind, geothermal, hydro means, generator and conversation. You can save energy cost because different

natural power sources are available for you in various forms:

Tip 09: Solar Power Systems

An off-grid solar system utilizes solar energy to produce power for the appliances. The hybrid system is designed to produce solar energy with the combination of solar, wind power and hydro power. The solar system requires different configurations for AC and DC voltage. Almost all systems absorb solar energy and use different methods to harness it. The solar plants often contain different solar photovoltaic cells to absorb the energy from sun and convert it into electricity.

The photovoltaic cells contain semiconductor material to absorb energy and release electrons. The metal contacts on the all sides of the panel can direct the electrons in one direction to create electricity. The current becomes usable for the power devices after combining with the voltage stored in the cells.

Tip 10: Hydropower System

It is quite attractive to produce electricity with the use of falling or moving water. The system is available in various sizes based on the desire and requirements of the energy. The large hydropower systems are available to produce electricity for more than millions of the homes, but with the help of the smaller hydropower system, you can produce enough energy for one house only.

Other than the size of the hydropower system, there are different elements that are similar in all systems. In the first step, you may create a dam to get fastest moving waterfall. A turbine is required because the water propels the blades of the turbine to convert the energy of water in the motorized energy. The turbine requires power to spin, and a generator is connected to the turbine to spin it for the conversion of motorized energy into electrical energy. Finally, the energy is sent to the system and transmission lines to provide energy to homes and other devices. The amount of energy is based on the power of water stream passing through the whole system.

Tip 11: Wind System



The wind energy system requires kinetic energy from wind to convert the energy into electrical energy. It is quite similar to the hydropower system in which the energy is generated from water. The process requires a wind turbine, and it is used at a large scale to get 100 kilowatt or more wind in the system.

The perpendicular axis and parallel axis turbines are comprised of different elements, such as a rotor, nacelle, a tower and other essential electronic equipments.

The performance of hydro turbine is based on the rotors to rotate the turbine with the force of wind. The wind spins the rotors and the system produce electricity with the help of wind turbine. The power is then sent to the power lines for home and other uses. The maximum capacity of the turbine is almost 5,000 kilowatts.

Tip 12: Backup Generator

The backup generators are famous to produce almost 3.5 kW hours of electricity after burning a gallon of fuel. The backup generators are commonly used in homes and commercial buildings to generate power. It may cost you almost \$1.00 per kW hour or more based on the prices of gasoline. It is quite efficient than other power sources, such as the coal-fired power plant may cost 40% more than the backup generator.

Although, the backup generators are great to get instant energy, but don't forget to consider carbon footprint. With the use of the generator, your carbon footprint may go three times higher than the coal-fired plant. The size of carbon footprint can be slightly reduced by using propane instead of gasoline. In short, the diesel generator is a utility power plant to conveniently live off the grid.

Tip 13: Energy Conservation

It is not a technical way to produce energy, but it is a useful way to save energy. The energy generation equipment and gears are very expensive, and if you can't afford all these sources, then you can conserve energy. There are lots of methods to conserve energy and reduce electricity bills, including:

- You can use insulations and upgrade the structure of your house
- Replace ordinary bulbs and lights with energy savers
- Use energy-efficient appliances to save energy
- Increase greenery in your landscape to avoid extremely hot weather

These ways will help you to reduce the consumption of energy and utility bills also.

Chapter 05: 9 Tips to Preserve Food and Water while living off of the grid? (Food and Water)



The food stores are full of different kinds of food items, and while visiting these stores, no one even imagine that these things can be scarce one day. If you are interested to live off-the-grid, then it is important to learn the ways to preserve food and water for you're off grid days.

Preserving Food

If you are going to live off the grid, then it is important to preserve food for you. It will help you to manage your off-the-grid days easily. Following are some easy ways to preserve food items:

Tip 14: Freezing

There are lots of yummy food items that can be frozen up to store them safely. If you are going off the grid during late fall to winter period, then you can pack frozen game and fish. It is important to keep the temperature of the food below 30 degrees to keep your food fresh. It will be good to keep fresh snow and ice in the pond or lake to help you to build an ice house. The ice will increase the life of your food, and slow down the melting process.

Tip 15: Cooling

The longer preservation methods are available, but there are some specific types of food items that are important to keep fresh all the time. The milk, meat and fresh food items can be preserved for a few days by keeping them cool. You can use evaporation based coolers to keep them below 20 degrees temperature. You can design your own evaporation based cooler by following some simple tips:

- Take two vessels made of porous material; you can also take unpainted wooden containers. The size of both vessels should be different, such as the one vessel should be easily adjusted on the other to give a support to the inner vessel.
- Now place filler between vessels so that both the vessels can hold water. You can use sand, sponges and paper towel as a filler to hold water.
- Use fan or a hot location to pull the water quickly from the vessel. The evaporation process will keep the inner vessel cool.
- The pump and irrigation drip tube can also be used to replenish water as needed.

Tip 16: Dehydration

It is a specific method to store food, and it is ideal for those looking for low cost and efficient methods to store food items. It is really simple, just prepare the food and cut them in the even sizes. If you want to get the best results, it will be good to prepare food with fresh ingredients. Let the food dry for almost 6 to 12 hours to get the best flavor of food for a longer time. The dry food always tastes good, but with less visual appeal. There are 4 simple ways to dehydrate foods, such as:

- Solar method is used for the fruits and vegetables. It is really easy, just put the fruits on a clean surface and leave it in the sun for a few hours.
- Heat box is another efficient way to dehydrate the food
- Smokehouse is also used at a larger level to dehydrate the food
- Electric dehydrator of foods can be some time available to dehydrate food item

Tip 17: Sun Drying Foods

It is an effective way to preserve meat and fish to use them in the off grid period. You have to remove the bruised and infected tissues of the meat. The drying process can reduce the risks of various health problems because the bacteria and fly larva like to grow on the wet surface of the meat. It is really easy to dry the mean with the help of following steps:

- Clean the meat and cut it into thin strips
- The strips should not be more than 4 inches wide and 10 to 12 inches long.
- Cut the score marks from the meat along the length
- Skewer can be used to open the different areas of the meat to suspend on the rack or rope to dry

Off the Grid Cooking

Going off the grid means no gas connection to cook food; therefore, you should have your own alternatives to cook food. Following are some methods to cook off the grid:

Tip 18: Wood Ovens and Rocket Stoves

If you want to cook off the grid, then you can get the benefits of wood fired cook stoves, Dutch oven, charcoal fuel stove and volcano stove. These stoves offer you an alternative and off grid ways to cook food. In this way you can conserve energy, and reduce your utility bills.

Tip 19: Hobo Stove (Mixed fuel Choices)

If you are looking for a variety of fuel options, then the tin can charcoal stove, buddy burner, sterno stoves and box ovens can be used. A classic charcoal stove is available to prepare food. The buddy burner is another option to cook food items while spending your off the grid days.

Preserve Water

Life without water is absolutely impossible because the water is always required for the different chores and activities. If you are going off the grid, then it is important to store water in a safe tank to drink and for other uses. Following are some tips to preserve water:

Tip 20: Source of Water (Cistern)

A reliable source of water is absolutely important for you; therefore, it is important to have a larger barrel to collect water in it. The rainwater can be a great source to collect free water. You can buy a storage tank with the capacity of thousands of gallons. Locate an area with maximum rains and build your own system to collect rain water in your water barrel.

Tip 21: Filtration System

Filtration system is an important part of your regular life because the rain water and any other water is not able to drink without filtering it. You should have a reliable filtration system to filter rain, river and stream water before drinking it. Water on the ground well is also unhealthy to drink without filtering it because the harmful containments in the water can pollute it. By drinking this water without filtering it, you may suffer from various diseases.

Tip 22: Cover your Stored Water

If you are planning to store rain water, or water from any other source, it is quite important to adopt some important measures. The stored water can be evaporated by sunlight; therefore, always keep your wells and water tanks covered in the sunny days to avoid evaporation. You can use your dishes more than one time without washing them. There is no need to frequently apply oil in your hair because it will require more water to rinse your hair after using shampoo.

Chapter 06: Tips to Learn Alternative Ways to Leave the Grid Sewerage

If you are going to live off the grid, then it is time to cut off from city water and sewer line. If you are looking for an off the grid sewer line, then you can install a septic system:

Tip 23: Septic System

The system is basically based on a large metal tank to collect and release wastewater. The bacteria in the tank can spoil everything, but the system can automatically separate the bacteria in the scum layer, bottom and middle layer of the liquid. The new water flow system in the tank flows out through perforated pipes and the water is released in the nearest drain field. The soil serves as a natural biological filter to keep the harmful bacteria away. For your safety, it is important to empty the tank for professional service at least once in a year.

Composting Toilets

It is a warm and well-ventilated container free from microbes that can create dry and odorless compost. The composting toilets may consist of:

- A comfortable place to sit
- A composting chamber
- An evaporation tray

Chapter 07: Living off the Grid Challenges



Living off the grid means living away from all grid facilities, such as electricity, water, sewage, food, fastest communication and lots of other amenities. If you are ready to deal with all stress and tensions, then you have to prepare for it in advance. People often arrange electricity, water, food and other utilities, but forget about the challenges that they

will face during their off grid stay. Following are some challenges that you should consider while going off the grid:

Change your Mind

Most of the people go off the grid for various reasons, but moving off the grid is absolutely a brave decision. It may look nice initially, but with the passage of time, you will come to know that it is really difficult to stay away from all traditional utilities. The public will not support your decision, and you have to completely alter your mind to prepare it for off grid living because you are used to live with all facilities.

You are Going to be Isolated

The off-grid places are very rural places, and you will become very lonely for most of the times. You may have to travel a lot for various social activities, and in various circumstances, you may refrain from traveling. Various times, it can be really stressful to live without your friends in an isolated space. You may have to deal with serious consequences for this isolation.

All Activities will become Difficult

In the off grid living, there will be no air condition, refrigerator, gas stove and microwave oven to cook food. These all simple tasks will become really difficult for you in the absence of all appliances. You may have to cook food on a camp stove, store food in manual refrigerator and preserve food items using old means.

There are lots of other things that can be difficult for you to manage alone; therefore, it is important for you to consider all circumstances and consequences before going to live off grid.

Conclusion

Off grid living means living offline from all traditional utilities. There are various reasons for people to live off the grid, such as to manage scarce resources, reduce electricity bills, and evaluate the power of their brain and many other reasons. While off grid living, it is important for you to learn different strategies to manage different things without all facilities. This will be a great practice, and you can be able to manage different, unusual circumstances, such as flood, earthquake and various other reasons. If you want to live a life off the grid, you should learn important strategies to cook, store and preserve food, water and energy without traditional sources.

You may need to learn how to produce independent electricity, stove, sewage system and different other systems. Off the grid living will make you strong and decrease your dependency on natural resources. It will prove helpful to reduce utility bills and save more money by trying different practical methods to survive in different circumstances. You have to learn different methods to conserve water and food to deal with the future scarcity of various facilities.



**15 OUTSTANDING HOUSE IDEAS
FOR LIVING OFF THE GRID**



VAN SHORT

Living off the Grid Box Set

15 Outstanding Survival Ideas For Living off the Grid

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Introduction

We have yearned for a more peaceful life style since the dawn of time. The struggle for survival of our forefathers left a lot to be desired in terms of peace, but peace they found in the ample space of the wilderness. Fear drove them to build houses, to remove the wilderness from their off-time and separate themselves from nature. The imagination of man created comfort, safety and peace. This peace lasted, where possible, until it became interrupted by enemies and friends alike, or by illness or hardship. However, the integrity of the home was maintained by the sealing effects of the doorway.

A lot has changed since the early days of humanity. For one, the addition of the written word and later electricity has brought outside troubles to the dinner table, brought news to the living room, and stress to the bedroom. Electronics have taken over the way we think and interact with each other in such a way that many people feel that the world and the human mind has been changed irreparably. We are ready to interact with any one, or all, of the rest of the world's population at all times, making us feel trapped and smothered by attention and demands from the outside. This feeling leads people to want nothing more than to get off of the grid.

The of the grid is a matter of some debate. Some feel that the internet has played a negative role in the way we conduct business and have personal relationships. Others feel that Television has zombified generations of the global population, reducing productivity and decreasing the ability of people to think for themselves. Whatever the case, comfort and a secure, solitary sense has left the minds of many the world over.

To get to the root of this problem, we need to see why people behave as they do. Human beings have grown from a tree dwelling ancestor, despite what some people would have you believe. We were of no fixed abode until the Neolithic period when the first farmers needed to settle down and tend their crops. Before this, people moved from place to place, picking and hunting to their hearts content. They seldom met others, outside of their direct community, and didn't see the need to, other than for

reproductive reasons. In fact, others meant danger, and meeting them rose stress levels, stress levels that are best avoided, readying them to fight. Diet and dwelling were simple, and workloads were less. The drive to “Make a living” wasn’t there as much then as it is now.

Once the Majority of people settled down to farm the world over, there were jobs to be done, dividing society into the strata we see today, with the drive to “Make a living” being replaced with a drive to be better than everybody else. This drive is the key driver for many social media sites, as curiosity and gossip are trumping solitude and self satisfaction.

But lets imagine for a while. A world where those obvious components of life and living aren’t there anymore. Imagine that society and community were taken out of your equation. Imagine, if you will, that you were “Off the Grid”. Consider, if you will, a permanent camping trip, where canned foods, your fire lighters and flash lamp batteries couldn’t be replenished. Imagine, if you can, not meeting anybody from morning until night, darkness when the sun goes down and no way to find out what’s happening 5 miles away, let alone on the opposite side of the world.

This book will bring you from the moment you have had “Off the Grid” living thrust upon you, to the time that you survive and prosper in your new, yet old and strangely familiar, environment.

Chapter 1 – Comfort

That's right. The first thing we are going to talk about is comfort. Possibly the most important aspect of our lives. If we aren't comfortable we're not happy, healthy or safe. And boy, are you going to need all three of those things! Comfort is very personal and very variable, but here are some of the best ways for most people to become comfortable when they're living "Off the Grid".

Shelter

Yes, Shelter. You've probably never thought about that before have you? But shelter is the pinnacle of off the grid living, and the primary necessity for life and safety. Our ancient ancestors knew this, and now you will too.

You're off the grid, and you're cold. Rain is falling and you're finding that you're feeling colder. This is normal, but needs to be avoided. When your skin is wet, you lose heat much quicker than normal, That is why we sweat, but you want to be dry and warm. First port of call for getting warm is your shelter. A shelter can take many forms, but there's one simple principal your shelter has to follow, and that's "Cover". You need that proverbial and physical Roof over your head!

Your roof could be the ceiling of a cave, can take the form of large leaves criss-crossed with branches or could just be an abandoned house. Your main goal is to find somewhere that doesn't have a leak in the roof, or at least, a part of your roof shouldn't leak. We're going to want to sleep under there later.

Next step is having a dry floor. The flooring of your shelter will become dryer if you've got a roof that doesn't leak, but I'm talking about perfectly crisp dryness. Even a cave leaves a lot to the imagination here. You'll want to find somewhere on reasonably high ground, or at least on a slope, which allows water to drain away. You don't want to set up your shelter on the floor of a valley, or near a stream, as, even though there may not be a lot of moisture on the ground at that spot, at that particular time, there will be.

Bedding:

We're not immediately thinking of going to sleep, but this is vital. Where are you going to go when you get tired. Yes, into your shelter. But once you're in your shelter you're going to need much more than that roof and dry floor. Floors are cold, and you're here for the long haul, not just one night. You're going to need to be comfortable. We'll see comfort here as somewhere you can sit, or lay down in, for hours at a time. Somewhere you will look forward to going at the end of a long day, in preparation for your long life Off the Grid!

We all have preferred types of mattresses. Some like them soft, some like them hard, or a mix between soft and hard. Oh the woes of picking out a bed. Do you want memory foam or a cushion topper for your bed? Do you want a king, or queen or half sized bed? Will you purchase the electronic bed that massages you? Will you have a heated or cooled bed? No. Those days are over. You're now wondering, do I want to be able to sleep or do I want to die.

Find leaves. Please. Leaves aren't exactly goose down, but they're close enough for your purposes. And leaves are immediately available under trees, usually, and often crisp and reasonably comfortable. But we're not going to put these leaves down on rocks, are we? Maybe. But preferably find yourself a mattress for these leaves. Find reasonably dry moss or peaty soil on top of a rock, and coat the ground. We're talking layer upon layer here. Afterward, you can lay your leaves on top of that. You are, for sure, going to want to use an over sheet on this mattress, but if one isn't available, suck it up.

Fire:

No, we're not running from a fire. We're hoping to make one. Out of what though? And where? Near or in your shelter! That's right, you're going to be smelling of smoke, permanently, from now on. Boo hoo, you're off the Grid now my friend.

Your first job, pre-fire, is to prepare an area for the "Fireplace". Create an area on the floor, like I said, in or near your shelter, that doesn't have any flammable materials near by, or over head (you'll need a hole in that roof, *a la* Chimney).

Once you've got your safe fire area, surround it with rocks. I'm sure you'll know how to find rocks. This will allow you to contain your blazing fire. You'll need dry leaves (like the ones in your bed, but different ones) and some dry twigs, and a nearby supply of dry branches that are cracked (I'm presuming you won't have any cutting tools) to length.

Now the fun starts. Rubbing sticks together time. A lot. This principal is simple, but tough. You're going to need dry sticks, but more importantly, you're going to have to be prepared to work long and hard for this. The simplest example of the principal you're going to perform, friction, is by rubbing your hands together, fast. Feel that heat? Yeah, you'll need to make a lot more than that to start a fire.

For maximum effect, try to sharpen one of the sticks. How? I don't know, I'm not your mother, but try using rocks or something. Whatever's available. Once you've sharpened that stick, place the pointy end, duh, into a small hole on the shaft of the other stick. At this point, you can either rub your hands together, with the vertical stick between them, vigorously, or else find another stick, find some rope, or twine (possibly dismantle some of your clothes from your previous on the grid life) and tie either end to the new, hopefully slightly curved, stick. From there, loop the twine around the vertical stick and with a sawing motion, move the stick back and forth causing far more rotation of the point in the hole of the side of the shaft.

Once you get some smoke, you've got fire! start to put some of those dry leaves between the sticks to get them to light. And hey, presto, fire, that you made, with your own two hands, and some sticks and leaves. From there put the lit leaves between the twigs, add the branches to your fireplace, and you've got a roaring fire for cooking, boiling of water and heat so that you don't die of exposure.

The good news is, that once you start the fire once, you won't have to do it again until you stupidly let the fire go out. When that happens, and it will happen, repeat each and every step from before.

Chapter 2 – Sustenance Hunting, and Farming

Ok, you've got somewhere to sleep, that's dry, under your shelter, and you've got fire. It's time to get your energy levels up without using energy drinks, or coffee. It's time to fill your belly with what you need to survive. And luckily, nature is the perfect, and original, provider of the food you need to survive, though, with a little less availability than a grocery store.

Hydration

You've probably never felt this hungry before, and I'm making a presumption here, and forgive me if I'm wrong, but you probably want food ASAP. More importantly, however, is hydration. You have about 3 days to live without water, and not just any water. You need clean water. I'm not talking about *chic* designer bottled water from Norway. Just basic, not going to kill you but hydrate you, water.

There's are several sources of clean water we're going to try. The first one is the simplest, that's water of the spring variety. This can be found reasonably simply, especially if you're near a stream or river. You'll have to follow the stream to it's source, where the stream begins. Now, here's the tricky part. If the ground seems disgustingly dirty above the source, then you may need to reconsider drinking it. By dirty, I mean animal excrement above the well. Otherwise we can safely drink this water, as usually, water from a spring is well filtered through rocks. You can even drink this water further down stream if you don't think there are any contaminants making there way in. And there you have it. Water. You may even want to consider moving your shelter closer to this source, if it's far away, to save on daily legwork.

What do you do if the water is dirty you ask? That's simple, but not simple. If you know what I mean. This depends on the type dirt we're talking about. If the main issue is debris in the water, we have an easy time. Hopefully, you have some sort of container or bottle that you can use to carry this water. If not, you're probably in an area that is completely untouched by humans, and the water will probably be perfectly clean and you won't have to worry about this step. However, if it has been touched, you can use the bottle, or container, with some cloth, even your shirt or other item of clothing will do the trick here. Place the cloth tightly over the opening of the container, and submerge both in the water until full. And hey presto, clean, filtered water!

What if the water looks dirty in the worst of ways? Firstly, look for cleaner water. If you don't succeed in finding a cleaner source, you can boil this water, on that fire you built

earlier, in metal container, if you have one. Once the water hits boiling point, you can be sure that the vast majority of bacteria will have been killed off and sterilized.

I hope you find a clean and tasty source of water, but even if you don't, hydration is a key to survival here.

Hunting and Foraging

We're now hydrated, have our shelter and a fire for warmth. The next step is to kill that hunger monster. We need to find food, and fast! I'm not sure where you've decided to isolate yourself, if you're within walking distance of actual civilization, there's nothing wrong with the five finger discount, if you're starving that is. However, I'll presume you're in a post apocalyptic world far from anybody.

You need to look for food. This will require your eyes to be wide open at all times. I'd like to tell you that you're going to find apples, bananas, oranges and some beautiful berries to eat, and mix those up in a beautiful fruit salad. But the chances of this happening are slim to none, though, depending on where you are. You're going to need protein, carbohydrates and fats, Primarily. And luckily, snails and other insects, that may even feed you, are key sources of all of these.

You can cook said creepy crawlies if you want. Or just put them down the hatch, depending on how hungry you are I guess! There are, however, several tubers you can also eat, that can be found by digging up stalks of their plants. In case your wondering, tubers are roots of plants such as potatoes and carrots. If you have a keen eye, or if you're willing to use trial and error (remember, you have the rest of your life to become an expert on wild food, or as they call it in the outback of Australia "Bush Tucker").

Cooking should always help you with toxicity levels. I guess, a good rule of thumb for finding out if something is poisonous is to taste a tiny bit of the food, ready to stick your fingers down your throat, if you start to feel funky. Though, maybe stick to certain types of food rather than expanding your pallet on a regular basis.

For vegans out there, I'm sure you'll be satisfied with such a diet. However, for the vast majority of people, you're going to want meat. You haven't got a butcher out there

in the wilderness, and luckily for you, I have some solutions for you, but you'll need to check your conscience at the door with these suggestions.

We're going to keep ourselves as safe as possible with these suggestions, as you won't have the luxury of being picked up by ambulance if anything goes wrong. We'll start with snares. Not drum snares, for those who like to hang around with musicians. Snares that can snag smaller animals, preferably by the neck. A snare can be made of wire or rope or twine. You're going to need to tie a small loop at the end of the wire, or twine. Once you have a solid knot, pass the opposite end of the rope or twine through the loop, creating a bigger loop, that behaves like a noose. This behaves like a noose, because that's what it is. You're going to place the snare on the path of a small animal, which you'll find easily because your wild instincts will be completely awakened at this stage.

Look for tracks, but also tell tale signs like small twigs or flattened grass or leaves. You can also place the snare at the exit of a burrow. You're going to try to place this snare in a place that the animal will definitely pass through. You want to animal to accidentally put their head through the large loop, which is unlikely, but once this happens, the animals struggle will tighten the snare. If you feel bad for the animal, try checking your snares several times a day, to reduce stress and suffering on the part of the animal. Increase the odds of catching something by placing as many snares as possible. Just remember where you put them all.

You can also extend your foraging to climbing trees and stealing eggs, or chicks, from nests, as well as digging up animal burrows to steal their young. But, both can result in attacks from angry parents, and potential falls, or failures that should be avoided.

Others hunting options are also available to you. You can make spears or a bow and arrow type contraption. Both options require a stalking aspect to your process, so be sure to be quiet, and patient. Another tool that you could use is a sling shot, but you probably haven't got the necessary leather and rubber to make one, sorry.

Don't forget, that a spear can also be used to catch fish, and usually, if you're near a stream, there are also fish. Try standing, calmly, in the water with you pronged spear poised. Once the fish become unaware that your feet move, they will eventually swim by you, and thats when you drop the prong. You can also try placing your hands in the water, and wait for a fish to pass close enough for you to catch them, and throw them onto the shore, but this can take a lot of practice, and I presume you're hungry at this stage.

Farming

At this point, I'm guessing that you haven't died of infection, hunger or the cold. You've discovered how to survive in this harsh environment, the real world. But now you'll need to follow the cultural evolution of humanity to some extent, you're going to want to bring the food to you. You can start by finding some plants that can be replanted. Any fruit trees you have found can be slipped (cut one of its major branches at a 45 degree or more angle, and replant the branch at a site of your choosing). By slipping, you can turn 1 or 2 plants into a long row of food producing plants.

Next step will be to find grains or tuber plants that can be planted. Obviously, pick plants you find edible, and use those to grow. You may not have enough extra to plant for a while, but once you've begun planting, you'll find that the multiplication effect of setting aside some of your foraged food for farming was worth the potential hardship.

At this point, I'm sure you've upgraded your shelter to a stage where you are happy living in there. You may have built a stone hut, or a tee pee like structure for down time to be enjoyed. Either way, you've committed to staying put for the foreseeable future, as you've laid down roots, literally, with the planting of crops. You will need to keep your crops weed free and look for disease on a regular basis, as you haven't got any weed killers or disease killing sprays at hand. You may also need to fertilize your crops, but luckily, fertilizer is self producing. You can either pop a squat, or manually move your human dung to the base of your food producing plants, but either way, it's an excellent way to recycle and find purpose for "Used nutrients".

I'm not expecting you to find any animals that you can farm, unfortunately, but if you do find any, make sure you have enough food to keep them alive, and make sure they're fenced in. Animal husbandry is a dangerous affair, as you are likely to only find wild animals on your travels. My main advice here would be to just kill anything you can eat, as the trouble of maintaining an animal farm of wild animals, who are most

likely trying to escape, is a task best left to a large community, and not to a loner like you.

Chapter 3 – Preparing Food

Catching and finding food is great, but eating raw and uncleaned animals will get old very quickly. You need to get maximum nutrients from everything you find, or kill, and you're going to have to make sure you don't get infected. Here are a few methods you can follow, to ensure your hard work in catching and finding won't end up killing you.

Remember, you will have to remove entrails from all animals and fish that you find, to ensure you're not eating anything that could make you sick. Some of the entrails are edible, while other entrails contain bacteria and excrement (that's poop) that you definitely don't want in your belly. Slit open the stomach of your catch or kill, and scrape out all entrails, and rinse with some cleaned water before cooking and eating any food.

Roasting

Yummy. Roast fish, or vegetables, or maybe even rabbit? That sounds delicious, especially when you haven't eaten anything substantial for several weeks, or months. I'm presuming, at this point, that you've managed to either keep your original fireplace going, or that you've learned from your mistakes and you've got a blazing fire near your home. We are going to make food fit for any king of the jungle here. I'm not sure what ingredients you're going to have, but I'm going to assume most of what you're eating is small enough to run a stick through.

You're going to need to drive two reasonably thick sticks on either side of your fire place for this to work. This shouldn't be difficult for you at this stage. you'll need to cut, or scrape, a deep slit into the top of each stick. You can do this before or after driving the stick into the ground. Once you're finished driving these sticks, you should be able to re-use them indefinitely.

After preparing your cooking area, ensure the fire is blazing, shove a stick through all the food you want to cook, ensuring none of the skewer stick is exposed to flames. make sure that the skewer stick is much longer than the distance between both vertical sticks. After placing the stick between the slots, begin rotating the food stick, ensuring that none, or very little, of the juices from the food drip off, as these contain vital nutrients, and also keep the flavor of the food for you to enjoy. Once you're confident that the food is cooked thoroughly (a good place to start is by over cooking, and working your way back in subsequent cooks), you can remove the stick from the fireplace and eat, and enjoy, your cooking! Hopefully, you enjoy charred tastes!

Boiling

Your next option for food preparation is boiling. This can be done best if you own a pot. Use your clean water for this. Prepare your food as you did for roasting, but this time submerge the food in water, held over the fireplace in a pot. If you're cleaver, you've probably already realized that the skewer system that we've already created works just as well as a pot suspension system as it does for roasting skewers. Well done. You've given yourself a large variety in the cooking department. Boil your food until you're confident that the food is cooked straight through.

Now, I know that's a pot cooking method, and you're probably asking, what if I haven't found a pot? Can I not boil now? The answer for this is, of course you can boil food! And the next method will work just as well for large pieces of meat as it would for smaller pieces.

Even if you have found a pot, large pieces of meat are probably beyond your capacity to cook. This is where an old neolithic method of cooking meat comes in handy. In fact, this method is probably much older. The concept of ground boiling! This is simple, and I hope I explain it's simplicity well. This is, however very labour intensive.

Let's begin by digging a reasonably large hole. You can use any tools you have made, or you can just use your bare hands. Once you've dug a fine hole for yourself, you can then proceed to place large pieces of moss on the sides of the hole, compressing them as much as possible. From here, place large flat rocks on the bottom and sides of the hole. At this point, try to stuff any openings between the rocks with some natural clays or stick soils. Compress them to the point that they will remain reasonably water tight. Repeat the clay step as often as possible and let the hole sit for a few days. Then repeat the clay steps. And then, you're all set.

Once your pond like structure is ready, fill it to the brim with your clean water. Hopefully, the water will stay in the hole. Now you're probably wondering how to heat

the water for boiling at this stage, and I can't blame you. We're going to get some round rocks, and heat them in a large fire! This shouldn't be done in your own house fire, as the rolling of the rocks into the water hole will surely damage and singe your home. Create a large fire directly beside the hole of water, with the rocks inside. They will hold heat for a surprising amount of time once hot. From there, roll them into the water until the water begins to boil.

Once you've got your boiling water, you can put your meat in. But not exposed to the elements. Wrap the meat in cabbage or similar large leaves, I'll leave that up to your imagination, and tie the meat bundle closed with some home made twine. You'll need to work hard for several hours, but the results of your exploits will leave you with a perfectly boiled large piece of meat, that you can enjoy for several days, while you sit back next to your home fireplace, in your beautiful shelter, and enjoy and ruminate on the folly of a modern technological life.

Frying

Yes, you're in the mood for some greasy breakfast food. Not to worry. I've got the perfect plan. Sort of. And we're going back home to our own fireplace.

If you've already got a frying pan, you're in luck. Just hold your pan over your fire, and you're in luck! However, for the real off the Grider, you're going to have a hard time finding a very flat and curved rock for this project, but when you do, it'll be worth it!

Place 2-4 longish, flat stones near your fireplace, before placing your frying rock pan above the fire. If you have some animal fat to place on the rock, the cooking will go much smoother. Thinly slice any meats you have and place them on your hot rock. You can also crack any stolen bird eggs, cracked with the contents poured out, on the rock.

Wait for the food to sizzle and become crisp, then pick the food from the scorching rock with a stick, and eat. *Bon appetite.*

Chapter 4 – Personal Hygiene

I know there's nobody else around, but bad hygiene can lead to discomfort and potential infection. You have several areas that need maintenance in different ways, and we're going to discuss that here. I'm fully aware that you're in a naturally dirty environment, and I understand that it's cold, but that's no excuse to be a filthy, smelly and unkept human being.

Body Wash

You're not going to have many options when it comes to soap. In fact, you may not have any. But you can still rinse yourself. There are several options. The first is the most obvious. Submerge yourself in a stream and scrub off that grime. You're going to have to wash your hair here too, without soap, and though it may smell, you're going to have to survive the lack of hair products. I'm presuming you're happy to let your hair grow long and your beard resemble a mane. Scrubbing in the cold water won't be an enjoyable experience in the winter, but it's still necessary.

Your second best bet comes if you're got a rag, or sponge, or t-shirt designated as a wash cloth, and this can be done during the winter in the comfort of your own hut. Heat water as if you were going to cook, dip the rag, or whatever you're using, in the hot water and give yourself a spot clean. This is probably the most efficient and comfortable way to clean yourself in the wild. Just be sure to boil your wash cloth after every clean, as that's going to get disgusting very quickly.

last option I'm going to give you involves a bucket, if you've got one. If you haven't found a bucket, you'll have to settle for the previous two options. The first step to bucket washing is Poking holes in the bottom. If this is your only bucket, and serves other purposes, then don't do that. However, if you've got other containers, this is a good idea. Fill the bucket with warm water, from the fire or however you can, and from there strip off your clothes, and hang the bucket from a tree. Magically, you've got a shower. Continue to scrub yourself beneath the soothing flow of water until you run out of water. If you want more time, refill the bucket with warm water and continue. This is also a nice way to warm yourself, and can potentially be done within your shelter, as long as it doesn't wet that fine bed of yours.

Laundry

You're going to need clean clothing. That's an obvious one. But what are you going to do without soap or a washing machine? You can't wash yourself, and put dirty smelly clothes on, never mind wet ones. I've got some simple solutions, that are far more obvious than you may think.

The first and most obvious way is to rinse your clothes in a stream. It would be great if you also had some soap, but I'm going to presume you haven't got any. Rinsing off any major dirt will clean your clothes. Sure, your clothes will smell of the stream, but that's better than the caked on mud and sweat smells that you're going to have, even after living off the grid for a matter of days. If the clothes need any extra scrubbing, try using some shoreside rocks to really kneed out any stains or solidified smells, before rinsing them for the last time.

Next, not as obvious, option is to boil your clothes. This, I think is more effective. You can use a pot, or that cooking hole in the ground. This option will really life out the dirt. You shouldn't expect an extremely dry result from this, but at least you'll remove the majority of sweat and mud from your clothes. If you're lucky enough to have access to lemons, or any other non-staining fruit, try to add a few slices to the water. This will help clean but also leave a nicer smell on your clothes.

Once you've cleaned your clothes, drying them wont be too difficult. Just hang them from branches, or along a rope or twine if you've got some. Hanging your clothes out to dry is an ancient and still very practiced way or drying clothes, due to it's effectiveness.

Oral Hygiene

You're going to need to brush your teeth, just like your mother told you to do. This is a tough one, unless you've brought a tooth brush with you!

You can decide to not brush your teeth, which is always an option. Plaque can sometimes act as a guard from bacteria entering your teeth and from tooth decay and as such can play a vital role in protecting your teeth and health. However, this could also backfire, and you could find yourself alone, with a swollen jaw, desperately searching for a sharp rock to help you remove a molar from the back of your mouth, without anesthetic. You could get away with this, however, as most of the food you're going to eat won't have much in the way of tooth eroding sugar, but it's probably best to stay on the safe side.

You could try chewing some grass to build up saliva. Your saliva will help to clean off your teeth, and once that's happened, you can gargle and swish some hot water around in your mouth. Perfect solution for mouth wash.

Likewise, you may want to shine your teeth just like you would shine silver. With a dry rag. This will be time consuming, as each individual tooth will need a good shining, but this will certainly leave you with a perfect pair of pearly whites. How much shining you do depends on how much time you've got, which is probably a lot. Just keep in mind that a dentist's brush rotates several thousand times a minute.

Chapter 5 – Mental

You're going to be alone out there. All alone. Off the grid of society and company. I'm presuming you don't like to be around people, as you've gone off the grid, but even if you've had your isolation thrust upon you, your mental health is vital for your survival and sense of self satisfaction.

Stress may have been a leading factor in your quest to rid yourself of the grid. You probably felt isolated in a world of chaos struggling to catch your breath, and catch your own thought. Maybe you just don't like people in general and as a result will love your time alone. There is a thin line between talking to yourself and madness and any signs of madness, or a lack of clarity in your thought process, should be a cause for major concern.

If you are in the wild and can't think rationally, you're going to make stupid, dangerous, mistakes. Those mistakes could cost you your life. Remember, you haven't got access to doctors, hospitals, disinfectants or any antibiotics. If you cut yourself, you could end up with a major infection. If your head is in the clouds, you could very easy slip and fall, break a bone or land yourself on your head, and probably dead.

Safety isn't jus a physical condition. Being safe, in the wild, requires a clear and precise thought pattern, particularly if you are alone. I'm going to suggest some simple way to keep your head clear and your mind sharp, that should at least help you to stay alive while you're off the grid.

Meditation

Indeed, meditation. The definition of meditation is often debated, but seldom practiced! Meditation is supposed to help you relax, but also to focus your mind. Most people think of someone sitting on the floor crosslegged humming “Om” with their eyes closed when they mediate, and sure, that is meditation. But meditation can be a simple focusing on something in particular, be it a thought or object, and thinking of nothing else. Many people climb mountains, run marathons and participate in all manner of weirdness to feel that same sense of focus, but for you it can be anything.

Try imagining you are somewhere else when things get difficult on your own. Imagine you are in the sun when it's too cold, imagine you're in the cold when the sun becomes too warm. Imagine you're eating when you're starved, imagine you're drinking when you're thirsty.

I'm not suggesting that you should check out from reality, far from it. When you meditate as such be sure that you have the ability to gain your wits back. While you hunt, stay focused, while you work, maintain your rhythm. The idea here is to maintain focus on goals, while staying as comfortable as possible.

This will work wonders for those times that loneliness plays a major role in self dissatisfaction. Even though you may have purposely isolated yourself, some human interaction can be very beneficial to the loner. Others aren't around, so try to imagine times that they were, imagine, carefully, that you are more than one person. That the rocks and trees have personalities.

I'm not giving you a license to go crazy here. Know in the back of your head that they aren't sentient beings, but imagine they are. This will have many positive effects on you. You won't feel that loneliness as much and you may also learn to respect your environment.

A positive attitude is vital for your survival off of the grid, and meditation can be a major asset in helping you to convince yourself that you're doing great.

Entertainment

I know. You haven't got a tv or books. You haven't got anybody else to play chess with, or whatever multi person game you like to play. You're alone here, off the grid. Never again will you have the opportunity to play online poker, tend to your virtual farm or wage war on someone else's stronghold on their phone. But that's ok. You're living the life that many of those games simulate. You're playing a card game where your life is at stake, you're putting those virtual farming techniques to good use off the grid, and you're protecting yourself for real, from the world at large and potentially some unfriendly wild animals and the elements. But you still need to have fun, don't you?

Start off by discovering things that you like about your new life. Maybe you like foraging. Maybe you like digging. Even if you don't, you'll need to learn to like them. They're your new way of life. Challenge yourself to either finish quicker, or to find more stuff to eat. Maybe you look for food that is elusive, I don't know, but whatever floats your boat, do it, or else make tasks you need to do enjoyable.

Maybe you want to get creative. Making mud statues, or stick figures with sticks. Maybe you want to paint the walls of your shelter. These are all very viable options for entertainment. Your new hobbies can help take your mind off of hardship, the endless chore of trying to stay alive, and give you a purpose in life outside of wiping mud off of your knees.

Taking up stargazing or bird watching could be an excellent way to develop a new hobbies and to meditate at the same time. This may require you to stare endlessly into the night, or get you climbing trees for a better view, as you endlessly follow the song of an unusual bird. All of these activities should be seen as a reason that you've left the Grid and entered this new world of your of creation, and will give you the sought after appreciation for nature that our ancestors had, not so long ago.

Goal Setting

Set yourself goals on a regular basis. Never allow yourself to drift through days aimlessly. That's good advice for somebody on or off of the grid. But don't let the concept of goal setting put you off or control your life. I'm not talking planning out your entire life here, but setting yourself your initial challenges, like setting up a shelter, and then achieving it, and recognizing how much you have achieved is an excellent way to keep yourself happy and productive and enjoying your life.

Other goals can take on more elaborate and segmented forms. You could, for example, decide to make an even better shelter. This bigger shelter will take a lot of work, and shouldn't be done on a whim. Set yourself a goal one morning of flattening a piece of ground that day for the beginning of the shelter. The following day, set yourself the goal of find 100 suitable rocks for wall building, the next day do the same. The following day, set yourself a goal of using the first two days rocks to build walls. The next day, go on the quest for another 100 rocks, and so forth. By breaking bigger tasks up into smaller bundles, you'll find far more satisfaction in your work. Completing small tasks regularly will give you far more peace of mind than deciding to build an elaborate shelter in one go.

An overwhelming project will do just that, overwhelm you. You should, instead prefer to be "whelmed". That is to say, you should be on an even keel at all time. If you set yourself unrealistic targets as part of a bigger goal, you will never achieve your targets and become bored and overwhelmed, and will probably quit. This can lead to depression and a reduced sense of self worth.

Imagine how bad you would feel waking up every morning, next to a large pile of stones that were intended to become a large house. You would see your failures on a daily basis, and that isn't good for you. Everything happens in small pieces. Your house will need to be built one stone at a time and not all together, and by setting yourself small goals, you'll find yourself finishing much quicker than you expected leaving you with a sense of self achievement, fulfillment and ready for your next task.

Survival isn't as bad as people think, but you also need to live, enjoy and feel comfortably in your new life off the grid.

Conclusion

There are a lot of considerations to be made before deciding to live off the grid. We need to know where we are going to stay and be safe and comfortable, we need to think about where our food is going to come from, we need to figure out how best to survive, and we need to imagine and ruminate on how to enjoy our new lives.

Priorities always need to lay on the most simple of biological principals. We need food and shelter to survive. Everything else is extra. We need to be sheltered from the elements, and we need to have energy to get more energy and to keep our minds occupied. Many people go on vacation to relax, to do nothing, but that often loses it's appeal once two weeks have passed. Likewise, the feeling of solitude going off of the grid will give you can wear off very quickly.

Before exiling yourself you will need to think very carefully about your future. Sure, the Grid can be a stressful place, but few things can be more stressful than a struggle for survival. Cell phones vibrating in your pocket can be annoying, but so can maggots gnawing on an open wound that hasn't been properly disinfected. Having your doorbell ring can being very interfering, but so can a gale force wind that blows out your fire and your shelter. Your boss yelling at you to make a deadline will cause you an untold amount of stress, but so can a hole coming in your last pot for carrying water back to your boiling hole.

Life can be tough no matter where you are, and is certainly what you make of it for yourself. People can be found in the noisiest of places, and loneliness can happen in the largest cities in the world, never mind in a world where you are the only person in the forrest. We can be very quick to judge our modern worlds level of connectivity, but always remember that wherever you are, help is always just a quick phone call or message away.

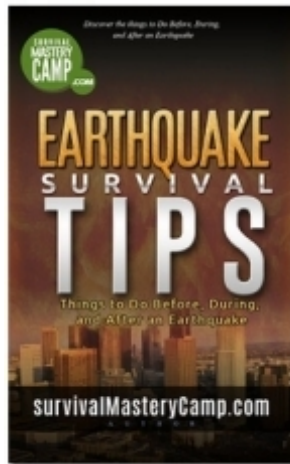
For the first time in human history, we no longer need to say a permanent goodbye to friends and family members who go to live overseas. We no longer have to worry about where our next meal comes from, or if we are going to get eaten by a wild animal. I say that in full knowledge that in some parts of the world, people are still subjected to such fears on a daily basis, but that is more the reason not to want such a life thrust upon you.

You have just read and learned about ways to survive off of the grid, but don't take any decision to go off of the grid lightly. I have written this, underneath a tree in a hand made shelter but, at my desk and in several coffee shops, where I drank a warm beverage made from beans picked in a forrest far from where I sat, by people who know the struggle of day to day life. People who want nothing more than to live on the grid that many of us seek to purge ourselves of.

In conclusion, I hope any decision you take to go off the grid will be taken in full knowledge of what lies ahead. I hope you can see the bright side of any situation you find yourself in, and that your life on or off the grid will be safe and satisfying.

If you ever go off the grid, I hope you find this book both useful and insightful and that the knowledge you have gained will from this book of wisdom will carry you through the darkest, wettest and murkiest times of your life. Or, as is probably the case, this book has discouraged you from ever making the decision to go off the grid. And if you have purchased this book after taking the decision to go off of the grid, I hope I have helped you realize what a bad mistake you are making!

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